



PSYC-151 – Interpersonal Communications

University Arts and Science

Effective Term & Year: Fall 2022

Course Outline Review Date: 2025-04-01

Program Area: Arts, Humanities, and Social Sciences

Description:

This course provides an overview of interpersonal communication theory and principles, balanced with practical suggestions on how students can apply these principles to become better communicators. In addition to becoming more self-aware, this course aims to help students understand the importance of considering the thoughts, needs, feelings, and values of others on their journey to become more effective communicators.

Program Information:

This course can be used as an elective in some University Studies Programs. Refer to the College Program Calendar for additional information.

Delivery Methods: On-campus (Face-to-Face)

Credit Type: College of the Rockies Credits

Credits: 3

Course type/s: Social Sciences

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	45
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	

Co-op/Work Experience	
Other	
Total	45

Course Requisites:

- Earned a minimum grade of C+ (65%) in at least 1 of the following:
 - ENST 12 – English Studies 12
 - ENFP 12 – English First Peoples 12
 - ENGL090 – English – Provincial Level

Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at other BC institutions, please see <http://www.bctransferguide.ca>. All requests for course transfer credit from institutions in BC or elsewhere should go to the College of the Rockies Enrollment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbook was recommended:

Beebe, S.A., Beebe, S.J., & Redmond, M. (2017). *Interpersonal Communication: Relating to Others* (8th ed.). Toronto, ON: Pearson Canada.

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

Learning Outcomes:

Upon the successful completion of this course, students will be able to:

- discuss knowledgeably the major theories and topics in the field of interpersonal communication;
- think critically about interpersonal communication research and findings;
- apply interpersonal communication theories to explain human behavior;
- apply effective communication skills to real-life relationships;
- discuss issues around inter-cultural communication and social diversity;
- demonstrate a tolerance for varying perspectives;
- use written and oral communication skills effectively, employing methods appropriate to message and context;
- think clearly, fusing experience, knowledge, and reasoning into considered judgment; and
- identify, interpret and solve problems, effectively implementing and evaluating proposed strategies.

Course Topics:

- Interpersonal Communication and the Self
- Interpersonal Communication and Perception
- Interpersonal Communication and Diversity
- Listening and Responding
- Verbal Communication Skills
- Nonverbal Communication Skills
- Technology in Interpersonal Communication
- Conflict Management Skills
- Understanding Interpersonal Relationships
- Managing Relationship Challenges
- Friendship and Romance
- Family and the Workplace

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Class Participation	10%
Assignments	30%
Midterm Exams (2 @ 20% each)	40%
Final Exam	20%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	<50

Pass requirements: None

Evaluation Notes: A grade of “D” grants credit, but may not be sufficient as a prerequisite for sequential courses.

Evaluation Notes Comments:

Please see the instructor syllabus for specific classroom policies related to this course, such as breakdown of evaluation, penalties for late assignments, and the use of electronic aids.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance
- Policy 2.5.3 Grade Appeal
- Policy 2.4.9 Student Concerns Re Faculty

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.

